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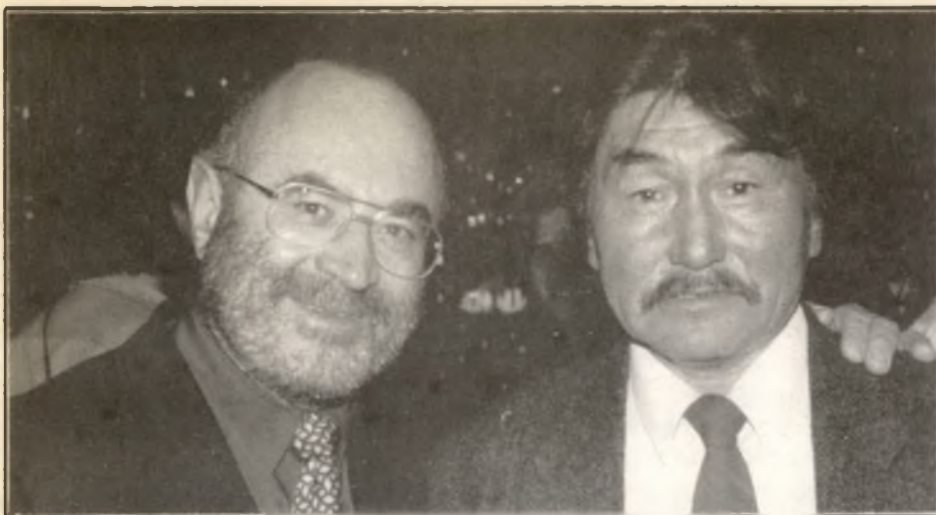
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"Redskins" like "coloureds"

Did you hear what "whitey's" talk'n about these days? The Washington "Redskins" football team is in court fighting "Injuns" to keep their name as a trademark. The Redskins team is arguing that it's okay to use the word "redskin" because it's like calling black people "coloureds."

I, for one, find this court case annoying. I can understand the team wanting to hold onto its tradition and souvenir trinkets. But then there is something that is not right about this.

I have nothing but contempt for all of the racist slurs above, including the words "redskin," "coloured" and "whitey." Racial discrimination is possible everywhere. It is be easy to get mad and slip into the anger behind that kind of thinking. Not only does it dehumanize another people and but allows the animosity to grow. It is easy to start hating individuals without cause.

Hatred is one of those things that stand in the way of racial harmony. It happens when we look at another person and not insult them as a person, but rather insult them as a race. To tag all the people in that race with any negative image can hardly be appropriate. And let's not fool ourselves. When was the last time you heard of a positive trait used when describing any race?

Distrust, fear of the stranger: the roots of racism are obvious. In times past where there was warfare over territory and resources, distrusting and dehumanizing people who were different from you might have been a survival trait. But surely not now. As mankind has evolved, is it not time that it no longer clings to this trait as it is definitely not a survival trait when you have nukes everywhere? Survival would say all mankind should look in a rational manner at our new neighbours. The world, they say, gets smaller each day.

This is why the Washington "Redskins" is a left-over relic from the Terra Nullius-cum-colonist imperial past. If a people or race takes you to court saying your name for a football team is racist and demeaning to them, isn't this a big hint that it is considered a racist insult? Does it not also say that regular non-legal discussions have failed to achieve racial harmony? Many other teams have changed their names to be more sensitive, so what's the problem with "Redskins" team?

The continued insensitivity of a few has repercussions beyond the ethnocentric holdouts. For when a people or race are marginalized, they tend to return the behaviour. The persecuted become the persecutors also in an unconscious attempt to become equal, superior or simply to retaliate. Such actions lead to the original racism reinforcing itself.

So what can we do about it? A lot, fortunately. Instead of allowing yourself to develop racist tendencies yourself you can actively fight racism. Teachers in one Cree community were feeling the crunch and this was overcome when a program was started to invite teachers into Cree households. The stranger was no more and trust developed. Another is using the laws of the land. For example, the Human Rights Commission is one avenue. There are solutions out there that don't involve violence or returning hate with hate. It's up to all of us to set the standards by which we wish to live as a world community.

by William Nicholls

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Master Rong-En Chen.

Photo: Neil Diamond
Design: Katerina Cizek

reznotes

by Ndiamon

After five hundred years they have finally seen it fit to give us aboriginals our very own day. Lucky for us we get to share it with the millions of fathers out there. That is just so typical. They give us a day and we end up having to share it. We give and give and give and still they want more. So what is it, do we get the morning or afternoon? Your non-aboriginal friends will come by shouting, "Happy aboriginal morning!" and leave you before the afternoon to celebrate father's day with their dads.

What do normal everyday non-Natives think and feel about us? And do they know Natives personally? As my very generous gift to fellow aboriginals on National Aboriginal Day, I decided to do a quick phone poll to find out. I dialed phone numbers at random and received a few answers.

One person I called was immediately suspicious. "Who do you work for?" she demanded. "The federal government," I lied. She wasn't satisfied. "Which department?" "Indian Affairs," I said. "Oh, okay."

I asked if she knew of National Aboriginal Day. She didn't. Then I asked if she had any aboriginal friends. Negative on that one too. "What does NAD mean to you?" I asked. "It's a day for aboriginals to celebrate what they've done." She did not specify what we have done.

I dialed another number. An older lady answered. She didn't know about our day but proudly informed me her greatgrandfather was from "Caugnawaga." My hopes went up a notch.

I placed another call. She wasn't aware of NAD because she was too busy and didn't read the papers. Still another person who answered was completely oblivious but she did know of two famous Natives. "There's a singer, Susan Agluk.. I'm not sure about the names. I can picture them. There's Greene or something."

Someone in Ottawa had seen the advertisements but didn't know any Natives personally. "Maybe through work. We see them right?" she said.

I decided to abandon the phones to look for ways to improve National Aboriginal Day and called together a few of my Native and non-Native colleagues and this is what we came up with.

Someone suggested Hallmark come out with a line of greeting cards:

"I know it's five hundred years late but I mean it anyway. Happy belated aboriginal day."

"Even though you're not aboriginal you've always been like a Native to me (card for non-Native)."

A combination Aboriginal/Father's Day card to save money and time.

Someone suggested some gift ideas you could give to the aboriginal in your life: A t-shirt that reads, "The government declared National Aboriginal day and all I got was this crappy t-shirt."

Another one in the group had some gift ideas for your local aboriginal: The entire video collection of Graham Greene movies. For your musically inclined Native how about the complete Susan Aglukark and/or Buffy Ste. Marie songbook. And don't forget the Geronimo tie.

Finally, the cherry on top. Special days should have their own songs so we came up with several you can choose from:

(SUNG TO THE TUNE OF

"WE WISH YOU A MERRY CHRISTMAS")

We wish you a happy National Aboriginal Day
We wish you a happy National Aboriginal Day
We wish you a happy National Aboriginal Day
and a Happy Father's Day too.

(SUNG TO THE TUNE OF "HAPPY BIRTHDAY")

Happy National Aboriginal Day to you.
Happy National Aboriginal Day to you.
Happy National Aboriginal Day dear
(insert nation here)...

Happy National Aboriginal Day to you.
This one is everybody's favourite:


(SUNG TO THE TUNE OF

"FOR HE'S A JOLLY GOOD FELLOW")

For he's a jolly good native
for he's a jolly good native
for he's a jolly good nati.....
that nobody can deny

This last one is destined to be an aboriginal classic **SUNG TO THE TUNE OF "AULD LANG SYNE."**

Should all the natives be forgot
and never brought to mind
And even though you're still around
too bad your land's all mine.

Happy National Aboriginal Day. Oh yeah...and Happy Father's Day, dad... 

The Nation is published every two weeks by Beesum Communications.

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THANKS TO:

Air Creebec, Donald Nicholls,
Tom & Eliza Webb, Capissit Lodge

Printed by Hebdolitho.

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Publication Mail #0584584

ISSN #1206-2642

THE NATION IS A MEMBER OF:

The James Bay Cree Communications Society
Circle of Aboriginal Controlled Publishers
Canadian Magazine Publishers Association
Quebec Community Newspaper Association
Canadian Community Newspaper Association
Les Hebdo Select du Québec



WHERE TO REACH US:

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SUBSCRIPTIONS

Individuals & Institutions: \$45

ABROAD: Individuals: \$70 U.S.

ABROAD: Institutions: \$85 U.S.

Payable to Beesum Communications

Nation



NATION-TO-NATION TALKS START WITH FEDS

The Cree Nation kicked off a new relationship with the federal government at a historical meeting in Ottawa. Present were six federal ministers, two Members of Parliament and the entire Cree leadership.

The meeting gave birth to the Cree-Canada Round Table, also known as "Ochimawinch" or the "Leaders' Place," and another such meeting is planned in Iiyuuuschii. Cree officials called the meeting a great breakthrough after the years of "bitter and adversarial" relations during the Brian Mulroney government.

"We are here today together doing something that has never been done before in the history of this country," said Grand Chief Matthew Coon Come at the meeting. "We are meeting--the chiefs of the Cree Nation and the ministers of the government of Canada--as equals at a round table."

The talks will focus on self-government, implementing the James Bay and Northern Quebec Agreement and bread-and-butter problems like economic development and housing.

The Grand Chief said Crees have been "innovative and forward-looking, a source of new ideas and initiatives that have found their way--although often only after a struggle and considerable argument--into mainstream government policy."

As examples he cited the first modern land-claim agreement, the first local Aboriginal government legislation in Canada, the first Aboriginal-controlled school board and health board, the trappers' income security program, the first Aboriginal housing authority and the international recognition of Ouje-

Bougoumou for innovation.

Each of these ideas was "subject to considerable resistance on the part of governments. There was argument, hostility, ridicule and disbelief," said Coon Come. "But belatedly, and I use that word intentionally, our ideas were accepted and put to work with positive effect."

Cree relations with the Feds took a big stumble in 1984 when Mulroney was elected, said Coon Come. Seven years of talks on finally implementing the JBNQA "went up in flames," he said.

Dr. Ted Moses, the Cree negotiator with Canada, said the Mulroney government started deliberately starving First Nations of funds. The idea was to force them to sign away their rights in exchange for a one-time cash payoff, Moses said.

Some First Nations succumbed to this pressure and other underhanded tactics and lost all their treaty rights, he said. The Crees resisted, but saw funds dwindle and talks stall on the JBNQA.

After Mulroney was thrown out, things slowly started changing. Moses sees reason for optimism in the Cree-Canada Round Table. "We had a very good meeting. The spirit was very good."

Coon Come said Crees are living in a position of "almost total dependency" on the government, while billions in resources are extracted from their land. "We want to work with the federal government to achieve an economic and social development miracle in Eeyou Istchee," he said.

"I know this is the kind of project that you can get your teeth into, your shoulders against and your feet on the ground."

by Alex Roslin

INVESTIGATION OF JUDGE PAUL DROPPED

by William Nicholls

It was good news for federal Judge Réjean Paul. The RCMP has dropped the investigation into the judge's alleged financial shenanigans.

The judge says that he was not surprised. "I was convinced (it would happen)," said Paul.

He said the facts spoke for themselves. Paul was being investigated on an anonymous tip about alleged irregularities in his reimbursements for travel expenses.

The question on a few minds is whether the judge will be resuming his position as the chairman of the Cree-Naskapi Commission. The judge himself wasn't sure.

"Well, I have to discuss this with the authorities. My mandate expires at the end of July," said Paul.

But the judge doesn't think he'll go back to the commission, saying he had advised everyone he would not be seeking a new term. "I advised everyone it's my last mandate. It's been 12 years and the old man started at 43. Just imagine at 55! I have other things to do," said Paul.

He said a good replacement would be the thing to do and mentioned that the present interim chairman, Richard Saunders, met with the approval of all parties concerned.

The judge said he will continue to read *The Nation* as a way of keeping in touch with people in the communities.

"I will be looking for news of all my Cree friends in the nine communities. It was a close relationship and we succeeded in a substantial way," said Paul.

He talked about the O&M agreements on funding for bands and Ouje-Bougoumou as highpoints of his work with the Crees. "It has been a happy 12 years with the Crees."

His final message to the Crees was: "I believe in God, God helped me and may God bless them."

Paul temporarily gave up his chairmanship of the Cree-Naskapi Commission after the investigations started a year ago. Many Native leaders supported the judge while he was being investigated.



REPORT PAINTS DAMNING PICTURE OF DAMS

Because one of its engineers was sick, Hydro-Quebec didn't bother to do a safety inspection of the biggest dyke in the LG-2 complex or any of its dams in the Abitibi region in 1996, according to a report obtained by *The Nation*.

Also, Hydro did virtually no maintenance or repairs on its dams in the Abitibi sector, even though the dams in this area are very old and require a lot of attention, the report says.

One of the dams, 75-year-old Rapides-des-Quinze, is leaky, has "numerous cracks" and could collapse at any moment.

"There is no doubt that in the near future, the concrete added (at Rapides-des-Quinze) in 1948 will lose its resistance and the stability of the dam will no longer be assured," says the report, which is entitled, "Safe Exploitation of the Dams, 1996 Annual Report, La Grande River Region."

The alarming information was deleted when Hydro-Quebec first sent us this report almost a year ago. At the time, Hydro also refused to send us its 1989 emergency plan for LG-2. We made an appeal to the Access to Information Commission, which was heard June 1 and 2.

Minutes before the hearing started, Hydro's lawyer, Jocelyne Paquette, turned around and gave us a few of the deleted pages. We also got the table of contents for three emergency plans for the La Grande complex, but not the plans themselves. Paquette offered to release half of each plan if we dropped the case, but still wanted to keep the rest secret.

The offer was refused and the hearing went on as scheduled. There was only enough time to hear

half the case, so another hearing will be scheduled. The next available date is in November. The Commission's decision will take another four to six months after that.

The report that Hydro tried to censor paints a disturbing picture: incomplete inspections, missing reports, lack of basic maintenance or vegetation control, and rickety dams. One evaluation report for a dam in the La Grande area "was not submitted by the engineer in charge of doing it. The report is lost for 1996."

As for the Abitibi sector, which covers dams in the Val d'Or area, by far the worst problem is with the Rapide-des-Quinze dam just east of Notre-Dame-du-Nord. "The margin of security is extremely reduced," says the report, which recommends a "complete reconstruction" of the outdated dam. Repair efforts haven't worked so far, the report adds.

Paul Coulombe, mayor of Angliers, a town of 300 just upriver from the dam, says the problems are news to him.

"Hydro-Quebec said there was no problem with the dam," he told *The Nation*. "I've never heard it was dangerous." He said "minor repairs" are being done on the dam at the moment, but nothing like the total overhaul called for in the report.

Coulombe said no one lives below the dam and no lives would be at stake if there was a collapse, but the town's drinking water could be affected.

The report says a "systematic statutory inspection of all the dams of (the Abitibi) sector should have been done in 1996, which wasn't the case. The engineer who had this responsibility fell ill and we couldn't replace him."

by Alex Roslin

HYDRO: "MOST SECRETIVE UTILITY" IN NORTH AMERICA

Hydro-Quebec has acquired a reputation as "the continent's most secretive utility," says a U.S. energy consultant.

Hydro is keeping secrets from the citizens of Quebec because it has a "fear" of "an open and honest intellectual exchange," says Robert McCullough, an economics professor at Portland State University in Oregon.

McCullough's comments came as part of a presentation by the Grand Council of the Crees to the Quebec Energy Board, which is holding hearings on Hydro-Quebec this month.

At the hearings, Hydro has been slammed by the Crees, environmentalists, big business and consumer groups for a controversial proposal to change the way it calculates its rates.

The utility no longer wants to base rates on its costs because it wants to keep cost information secret from the public. Hydro argues that in the new competitive climate, it shouldn't have to release too much information to its competition. Instead, it wants rates to be fixed at an arbitrary price unrelated to costs.

But McCullough said Hydro's obsession with secrecy is ridiculous and comes at a time when other utilities in North America are opening up their books.

"In 20 years of practice in the electric business, we have never reviewed a more primitive, inefficient and inequitable proposal than that Hydro-Quebec has put forward," McCullough said in his report. He called on the Energy Board to reject Hydro's proposal.

"Since Hydro-Quebec's overall finances are readily available to investors, the only secrets that are being kept are being kept from the citizens of Quebec."

John Burcombe, spokesman for Quebec environmental group Mouvement Au Courant, said Hydro has taken a "harder line" on secrecy since the arrival of André Caillé as chairman. He called Caillé's climate of secrecy "disconcerting" and said his group also opposes Hydro's plan.

-by Alex Roslin

COVER-UP ALLEGED IN '96 FLOOD DISASTER

The Summer of the "Deluge": 90 Days of Lies that Shook the Saguenay, The Intimate Journal of a Rebel
by Russel Bouchard
Chicoutimi-Nord, Parc de la colline, 1998

by Alex Roslin

Do you ever get the feeling we're living in some twisted kind of communist society? That's how it felt reading Quebec historian Russel Bouchard's book about the 1996 flood in the Saguenay-Lac St. Jean region.

Bouchard tells the story of how big multinational companies were responsible for the disaster and covered it up, blaming it on an "act of God." In the end, 10 people lost their lives, 15,000 were forced from their homes and damages totalled \$1 billion. And the disaster didn't even have to happen, Bouchard suggests.

"Like at Chernobyl, the government is getting ready to bury the truth in a heavy sarcophagus of lead," writes Bouchard.

"It felt like the worst moment of the Duplessis era... even worse, the Inquisition." Bouchard compares Quebec to a

"banana republic, under the dictatorship of Pinochet." Needless to say, he is not related to Premier Lucien Bouchard.

It is a scathing book written by the best-known historian of the Saguenay-Lac St. Jean, Quebec's nationalist heartland. Bouchard isn't one to shy away from controversy. Nothing can be written about Bouchard's 30 books without mentioning *The Last of the Montagnais*. In this somewhat strange book, which I admit I haven't read, Bouchard actually claims there are no more Innu left.

I asked him about this book and he explained that the Innu intermarried with French Canadians. I guess he's never heard that 30 per cent of French Canadians are intermarried with Natives. He even claims he is part-Innu himself. Well, at least he didn't say he's part-Cherokee.

But Bouchard's latest book about the 1996 floods is worth serious attention. It's the story that was carefully censored from the big business-controlled media. As a matter of fact, since the book came out in March, this is the first review of it anywhere, including the Saguenay media!

Bouchard takes the reader step-by-step through how the disaster unfolded. Dams in the region were either totally mismanaged or supervised by distant bureaucrats in Quebec City. Because of that, what should have just been a heavy rainstorm turned into a world-class catastrophe. Without the dams, the heavy rain wouldn't have caused the same problems.

Bouchard accuses the premier of going out of his way to defend the multinationals and Hydro-Quebec by blaming God. And this was before anyone even had any facts about what had really happened.

Bouchard also doesn't let the Nicolet Commission off the hook. The commission held an inquiry into the flood and was run by Roger Nicolet, an engineer. Yes, that's the same Roger Nicolet who later got the job of holding an inquiry into the Ice Storm disaster. Bouchard believes the government rewarded Nicolet for covering up what really happened in his report on the flood. Bouchard also questions Nicolet's impartiality. He notes that Nicolet owns an engineering firm that has done business with engineering giant SNC-Lavalin. SNC-Lavalin has a very close relationship with Hydro-Quebec, which is potentially liable in both disasters. Small world, eh...



National Aboriginal Day

On behalf of the Cree Nation of Wemindji I would like to take this opportunity to wish all First Nations a happy National Aboriginal Day.

We should take pride in who we are and give thanks to the Creator for giving us the strength to carry on the teachings of our ancestors and for allowing us to celebrate on this most auspicious day.

The uniqueness and richness of our culture is essential and extremely precious to us and so we should strive to preserve and protect our beautiful heritage.

Stand proud, be strong and stay cool!

Mark Wadden
Director of Operations
Cree Nation of Wemindji

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OJ FAMILY SEEKS INJUNCTION ON LOGGING

Tallyman George Shecapio-Blacksmith of Ouje-Bougoumou and his family have written a letter to Chief Abel Bosum and the Band Council about their trapline, O-61. They call for an injunction to stop all forestry operations on O-61 to protect their way of life and Aboriginal rights.

SUBJECT: A permanent Injunction to cease all forestry operations in trapline O-61.

We, the undersigned individual signatories essentially and fundamentally existing and living on our ancestral, traditional homeland within the border of the Ouje-Bougoumou Territory, are hereby demanding a permanent refrain and a permanent injunction to halt all forestry-harvesting companies and their activities within trapline #O-61 and give our consent and support to the decision of tallyman, Mr. George Shecapio-Blacksmith.

Trapline #O-61 is very sensitive and is and was always considered as one of the best feeding areas for moose and is a big-

game-inhabited area. This moose habitat must be protected, preserved and set aside as a moose-yard reservation. Preservation of this area also protects the surrounding environment for big and small-game animal species alike, such as black bear, beaver and protects different species of fish and their spawning areas, fowl game and fowl habitat preserves, as well as rabbit, partridge and other nesting birds. For these and other common-sense reasons, we are requesting injunctions against forest-harvesting activities for them to cease on this particular trapline for the well-being of our livelihood.

The Cree priority is always to respect the history of Cree tradition, language, Cree harvesting, occupancy and our use of the land and all existing provisions that our land and environment offer and provide, which in turn sustains our well-being to ensure the protection of the Cree way of life, Cree way of living and Cree way of protecting our trapline systems. Thereby,

we are protecting our Aboriginal Cree rights.

Forestry operations are definitely destroying Cree traplines and breaching Cree rights. With forestry operations taking the economic wealth of the region away from the Crees, Ouje-Bougoumou Cree lands and traplines are more than ever seriously affected and jeopardized by the continuous and massive exploitation disturbances in the territory. The traditional way of life of hunting, fishing and trapping will not survive with the process of pollution and deterioration through clear-cutting of traplines with complete disregard for the natural environment and the protection of our well-being and that of our sustenance and nourishment through wildlife.

The Cree existence in the territory is taken over by forestry operations, more wood-right harvest concessions and the signing of CAAFs allocated by the Quebec government. It has to stop.

Sincerely yours,

George, Louise, Freddie, John, Joseph, Jossie and Varley Shecapio-Blacksmith and Claude St. Pierre

Under the Northern Sky

By Xavier Kataquapt

I recently got some bad news from home. Reg Louttit, or Mr. Bingo as he was affectionately known, had passed away. When death comes to take someone from a small, remote community like Attawapiskat, the impact is great.



In Reg's case, he was such a prominent personality and integral to the fabric that helps hold Attawapiskat together. One thing I know about Reg, he could not have chosen a better place himself for leaving this world. Apparently he suffered a heart attack and passed away in his goose blind while on the spring goose hunt. I know he always looked forward to the spring goose hunt.

A loss such as this is felt by everyone in the community. He was a leader and he led in a special, quiet way that featured a lot of good humour. In addition to having served as the Chief of Attawapiskat, he has also

held many prominent roles in the community. Reg was one of Attawapiskat's best ambassadors and over the years he served on many committees and traveled a great deal. Even though he was an elder and held high positions, Reg was very down-to-earth and ready and willing to make time for anyone he met during his day.

Strangely enough, he will mostly be remembered and greatly missed for his nightly radio bingo program. As Recreational Director, he used the program to raise funds for sports teams, events, needy causes and most recently the newly constructed community arena. Over the past few years, Reg and his regular bingo program became a familiar and happy point in the day for every household in Attawapiskat.

We James Bay Crees take our bingo very seriously. At my home, as in most, at nine every night the bingo cards were brought out and family and friends gathered around the radio to hear Reg call out the numbers, crack a few jokes, tell a few stories and then announce the new winners, all in Cree of course. When people won they were ecstatic and everyone in the household

exploded into cries of joy; a fast phone call was made to Reg at the radio station to verify the win and then it was a short drive or walk over to the radio station to pick up the prize money. If you didn't win it was no big deal; people just looked at each other, shrugged and said, "There's always tomorrow."

I guess that's another reason why Reg's passing has had such a great effect on this remote community of less than 2,000 people. Reg's simple little radio program was one of the few things we could all really count on in a place where it sometimes seemed difficult to find an anchor. Reg was an anchor.

I was not home for the funeral but I heard it was a big one with people coming from far and wide. There was a memorial gathering in his name at the brand new arena that he worked so hard to help make a reality. My family tells me the community leaders are considering naming this very prominent building in his name. I think that is a great idea.

There is only one problem; nine o'clock in the evening in Attawapiskat will never be the same without Reg.

Happy Father's Day

By William Nicholls

It was always recognized that Mother's Day was important and fathers were left by the roadside, but as they say every dog has his day. Not to put down fathers of course. After all I'm one myself and proud of it. But one urban myth I've always hated was that a lot of people think Father's Day was the profit-making brainchild of the holiday card businesses. It might have been a great idea for corporate Canada/America but it just isn't so.

Father's Days really started when Mrs. John B. Dodd first proposed the idea in 1909. She wanted to honour her father, William Smart. He was a widowed Civil War veteran, whose wife died in childbirth with their sixth child. Mr. Smart was left to raise the newborn and the other children by himself. When Mrs. Dodd became an adult she understood the strength and selflessness her father had shown in raising his children as a single parent, especially in those days.

The first Father's Day was observed on June 19, 1910, in Spokane, Washington. Around the country, towns and people starting joining in and celebrating "Father's Day." In 1924 President Calvin Coolidge supported the idea of a national Father's Day, but it wasn't until 1966 when President Lyndon Johnson signed a presidential proclamation declaring the third Sunday of June as Father's Day that it became reality. Everyone started hopping on the bandwagon.

Today Father's Day doesn't mean just honouring your father, but all men who act as a father figure. Stepfathers, uncles, grandfathers and other adult male friends are all included on Father's Day.

While it is relatively easy to get something for dear old (or young) mom, dads have always been a bit of a problem for some. Here's a little advice. At the risk of being too general, dads seem to be happy with just about anything you give them. He may never use the gift, or even remember the actual gift, but they appreciate getting the gift. Gifts for a father are ritual, something regal to accept. These gifts are treasured without showing enthusiastic emotion. This ultra-cool manner of gift acceptance is not premeditated; it's just natural and not to be interpreted as if he did not like your gift.

Here are some guidelines you may want to ask yourself in gift choices. Interests: What does dear old dad like to do? His interests are one of the best places to find more appropriate gift ideas. Consider fishing, hunting, his vehicles, sports, etc. You might come up with a pair of hockey tickets if he can make it to the game. You might even think flowers. Yes, flowers! As the Irish Spring commercial says, "Aye, but I like it too!" Why should women be the only ones to get flowers? The elegance of a single rose will let dad know you care.

It doesn't matter if you're 18, 28 or 48; a handmade card or note from the heart speaks more of your feelings than the store-bought variety. If your artistic ability is a bit lacking then go for the store-bought card.

If you're not the home cooking type, then nothing's better

than being treated to a tasty meal at a nice restaurant surrounded by the ones you love. It doesn't have to be anywhere fancy. Depending on your dad it could be the local diner or pizzeria.

Now if you are the home-cooking type then give dad a good meal of his favourite things. If you're unsure about cooking a great meal then try one of the simplest ways of all, a barbecue. It's a family gathering on Father's Day and everyone can help

"Set out a nice comfortable chair for him outside to laze around in..."

out to give dad(s) that perfect day. Make sure the house and yard is cleaned up. Set out a nice comfortable chair for him or them outside to laze around in while watching his or their family(ies) take care of him/them.

Now for the barbecue. Don't use the regular Kraft, Bullseye or other store-bought

saucers; use a homemade one. I can hear the whining already, "I don't know how to make one," with the smug superior one going, "I do." Have no fear, here at *The Nation*, we've compiled a few easy saucers, marinades and barbecue recipes for your families' eating pleasure. These flavour-enhanced saucers range from spicy to sweet. Recommendations are that saucers should be applied more in the final stages of cooking. They may be added to meat that has been marinated.

SAUCES

Cajun BBQ Sauce: 1/2 cup of lemon juice, 1/2 cup spicy tomato juice, 1/2 cup taco sauce, 1/2 cup of olive oil, 2 tablespoons red peeper flakes, 1 & 1/2 teaspoons of coriander. Mix well and it's good for everything.

Polynesian BBQ Sauce: 2 cups crushed pineapple with juice (if no fresh ones are available use canned), 1 cup ketchup, 1/2 cup light brown sugar or honey, 1/4 cup soy sauce, 1/4 cup mustard, 1/4 cup olive oil, 1 teaspoon ginger. Mix well and use on beef, caribou, moose, chicken, or pork.

Moonshine BBQ Sauce: 2 cups ketchup, 1 cup mustard, 1/4 cup light brown sugar or honey, 1/4 cup bourbon whiskey (optional), 1/4 cup olive oil, 1/4 cup regular BBQ sauce (store-bought), 2 tablespoons ground pepper, 2 tablespoons soy sauce. Mix all ingredients and use mostly on beef, caribou, moose, chicken, duck or pork.

Applejack BBQ Sauce: 1 cup applesauce, 1 cup ketchup, 1 cup chili sauce, 1/2 cup apple jelly, 1/2 cup apple jelly, 1/2 cup tequila (optional), 1/4 cup mustard, 3 tablespoons lime juice, 2 tablespoons soy sauce, 1 teaspoon red pepper flakes. Mix well and use for chicken, duck or pork.

TexMex BBQ Sauce: 1 cup ketchup, 1 cup taco sauce, 1/2 cup tequila (optional), 3 tablespoons lime juice, 2 tablespoons chopped garlic, 1 tablespoon tabasco sauce, 1 tablespoon hot pepper flakes, 1 tablespoon seasoning salt. Mix completely and use on beef, caribou, moose, chicken or duck.

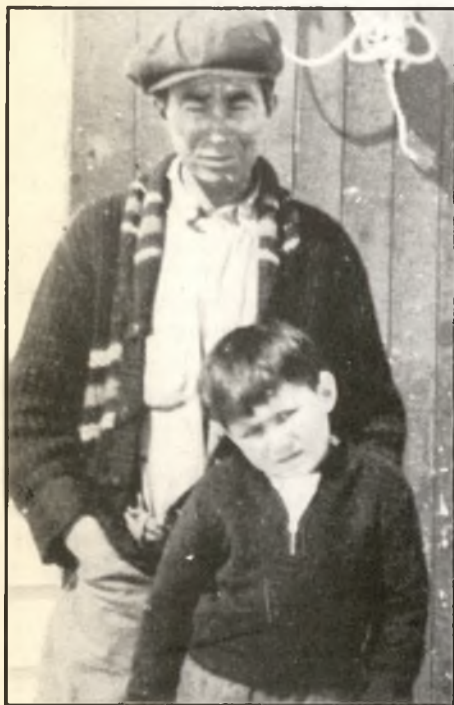
MARINADES

Dijon Honey Mustard: 1/2 cup all purpose flour, 1/4 cup lemon juice, 1/4 cup Dijon mustard, 2 tablespoons chopped parsley, 6 cloves crushed garlic. Mix well and marinate meat or vegetables for an hour minimum at room temperature.

Sweet and Hot: 3/4 cup lemon juice, 3/4 cup soy sauce, 1/4 cup olive oil, 1/4 cup hot sauce, 1/4 cup french salad dressing, 9 cloves garlic crushed. Marinate beef, caribou, moose, chicken, duck or pork for a minimum of 4 hours at room temperature.

BBQ Recipes: Caribou or moose can be substituted for beef. Duck and rabbit for chicken. Experiment if you want.

Will's BBQ Trout: 3 lb.-plus trout, 5 strips bacon, 2 medium onions cut into four segments each, 1/2 cup of parsley, 3 cloves garlic sliced thinly, 1/4 teaspoon oregano (optional) salt, pepper. Start by cleaning fish thoroughly. Lightly salt and pepper the inside cavity. Place 1 strip of bacon inside, add a pinch of oregano along with three of the garlic slices evenly placed. Add



two of the onion slices to the cavity. Now lightly salt and pepper the outside of the fish. Use the remaining oregano on the outside. Lay remaining bacon strips on a piece of aluminum foil large enough to enclose the fish completely. Put down three of the onion segments on top of the bacon. Take half of the garlic and distribute it along where the fish will be lying. Lay the fish on top. Put the remaining onion and garlic along the top. Take the ends of the bacon and wrap them over the top of the fish. Fold the

aluminum foil around the fish ensuring a tight seal. The fish must cook in its own juice to start. Cook 15 minutes on high then turn over and cook for 15 minutes on the other side. Turn once more and slash the top of the foil without disturbing the juice inside the foil. Cook for 5-10 minutes more checking the fish for doneness and occasionally basting it with its own juices. (6 people)

BBQ Roasted Duck: Place large chicken-sized duck in an aluminum roasting pan. Brush with a mixture of soy sauce and olive oil. Use 9 times more oil than soy. Season with your favourite seasonings. Garlic and herbs work well here. Cook for about 3 & 1/2 hours or until done. Let stand for 20 minutes still wrapped in aluminum foil before serving for best results.

Dijon Mustard Chicken Breasts: Take 5 skinless chicken breasts. Cut the chicken into 3/4-inch strips and season as you like. (Examples include: garlic, oregano, salt, pepper, cayenne

FATHERS DAY

pepper, ginger or whatever you like.) Marinate the breasts with the Dijon Honey Mustard as seen in the marinade section for the 1-hour minimum. Remove and toss into bread crumbs. Place on skewers and place on the BBQ. Cook for 5-7 minutes or until the chicken is cooked through and the crumbs are brown. (6-8 people)

Just Steak, Please: Marinate the steaks in the sauce of your choice. Cook both sides for 5-7 minutes each brushing on the leftover marinade juice. Remove from grill and let stand for 5 minutes. Serve with your favourite sauce.

Teriyaki Beef Kabobs: 2 lbs. beef, 2/3 cup soy sauce, 1/4 cup cooking sherry (non-alcoholic version can be substituted), 1 tablespoon ginger, 1 tablespoon ground garlic. Trim fat from meat and cut into 1-inch cubes. Mix the soy, ginger, sherry and garlic in a bowl. Place beef into the bowl and marinate for 4-6 hours. Drain meat and place on wooden skewers. Place cherry tomatoes, mushrooms, green peppers and onion between. Cook over a medium-high heat for 10-15 minutes turning often to cook evenly. (4 people)

Grilled Pork Chops: 4 large chops, 1/2 can beer (optional), 1/2 cup regular BBQ sauce, 2 tablespoons margarine, salt, pepper, ground garlic and 3 bay leaves. Pour beer into sauce pan, add margarine, bay leaves. Also add pinch each of salt, pepper and garlic. Mix and simmer. Trim all fat from chops. Cook chops for 15-20 minutes over medium to high heat on the BBQ. Turn frequently and put sauce on each time. Brush sauce on before removing from heat. (Feeds 4.)

CASE

COMIFOR

EQUIPEMENTS COMIFOR INC.
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**CELEBRATE NATIONAL ABORIGINAL DAY
JUNE 21, 1998**

**Your CIBC branch in Chisasibi
wishes to thank you
for 25 years of
satisfying banking relationships.**

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**Thank you for doing business
with us over the years.**

Established in Chisasibi since 1973

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SEEING BEYOND™



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Aanischaukamikw

**CREE CULTURAL INSTITUTE
INSTITUT CULTUREL CRI**

**National
Aboriginal Day!**

The Aanischaukamikw

**Wishes all Aboriginal communities within the
province of Quebec and across Canada to
enjoy celebrating their heritage.**

Kenny Mianscum, Coordinator & Staff



**The Crees
of the Waskaganish
First Nation**

Job Opportunities

POSTING:	Manager, Gathering Place
TERM:	Full-Time
SALARY:	According to Band Scale
LOCATION:	Waskaganish, Quebec

The Waskaganish Band is presently seeking applications for the position of Manager for the Gathering Place. The incumbent will be responsible for both the Administrative and Operations of the Gathering Place to ensure that the facilities are utilized in an economically and orderly manner. He/she will be responsible to develop programs and to seek funding for the future operations of the Gathering Place.

POSTING:	Local Environmental Administrator
TERM:	Full-Time (6 months probation)
SALARY:	According to Band Scale
LOCATION:	Waskaganish, Quebec

In accordance with Section 22 of the James Bay and Northern Quebec Agreement and Chapter II of the Environment Quality Act (R.S.Q. ch. Q-2) which provide for a special environmental and social protection regime for the James Bay Territory, the Waskaganish Band is presently seeking applications for the position of Local Environmental Administrator. This individual will exercise the powers and functions of the Deputy Minister of the Environment on Category I Lands within the environmental and social impact assessment procedures. This individual must also carry out other useful functions related to the environment and public hygiene matters.

He/she must be highly motivated with excellent organizational, logical and time-management skills in order to perform all related duties accurately and efficiently.

All interested applicants should submit their application and resume no later than June 26, 1998, or, for further information, please contact:

**Virginia Moses
Office & Personnel Manager
Waskaganish First Nation
P.O. Box 60
Waskaganish, Quebec
J0M 1R0**



KUNG FU

It was the night two ancient cultures met. Originally from the farthest corners of China, ambassadors of Kung Fu came to Chisasibi and performed in the first martial arts exhibition that town has ever seen.

The evening opened with a Lion Dance, which is said to bring luck and happiness. With a beat of the traditional Chinese Drum, two magnificent lions emerged from the "Dragon's Head Entrance" on stage. They inched their way to a head of lettuce strung from the ceiling and tore it down. Then the festivities began.



Kyle Sam

John Rivers

Sifu Jean
Lauzier

Master
Augustin Ngu

Master
Helen Wu

Leslie
Herodier

For over three hours, one thousand spectators at Job's Memorial Gardens witnessed a spectacular show of the boundless forms and styles of this 5,000-year-old Chinese tradition.

And they were joined on stage by Chisasibi's own 52 Kung Fu students.

"Who would have thought, even a few years ago, that a Cree would be practicing the styles of such sifus and masters as Bruce Lee," said Christopher Napash, representing The Cree Nation of Chisasibi.

Early in the show, 16-year-old brown-belt Amanda Sam demonstrated how a woman would defend herself when she knocked down Samuel Sealhunter seven times and then chased him off stage with swinging nunchuks.

Sifu Abel Da Silva drew gasps from the crowd when he nicked his shaved head while performing *Shaolin Chuan Monks Spade*. Blood oozed down his neck. The crowd was relieved when he appeared later, with the *Long Arm Form* and the blood gone.

Master Augustin Ngu wowed the audience when in a blindfold, he blocked and punched his student down to the cold hard floor.

A street fight sequence, performed in jeans, came closest to the Kung Fu we love on screen. To the beat of "Who wants to know," the two men fought over a back pack, and the crowd went wild.

Then, a figure calmly walked out to the centre of the darkened stage. The lights came on to reveal the silver-haired 75-year old Master Rong-En Chen. He began his demonstration with slow deliberate, dance-like movements and ended in a flurry of punches and kicks drawing the loudest cheers of the evening.

The show ended late with the entire audience making its way down to the stage to shake the hands of the performers. One Sifu who works with people's inner energy felt so much from the crowd during all the handshaking that he started weeping and had to stop.

"There's a power in the knowledge of Kung Fu. Governments in the past have discouraged it, because the knowledge of Kung Fu is like nuclear power in India and Pakistan we see today," said Master Ngu.

Kung Fu came to Chisasibi with Jean Lauzier when he moved there in 1992 started a Kung Fu school.

"On the local radio, they used to call me 'Kung Fu Fighter,'" laughs event organizer Lauzier. "But now, the show has helped to demystify what it is we do. Kung Fu is more than just fighting. It is a whole philosophy, a whole way of being".

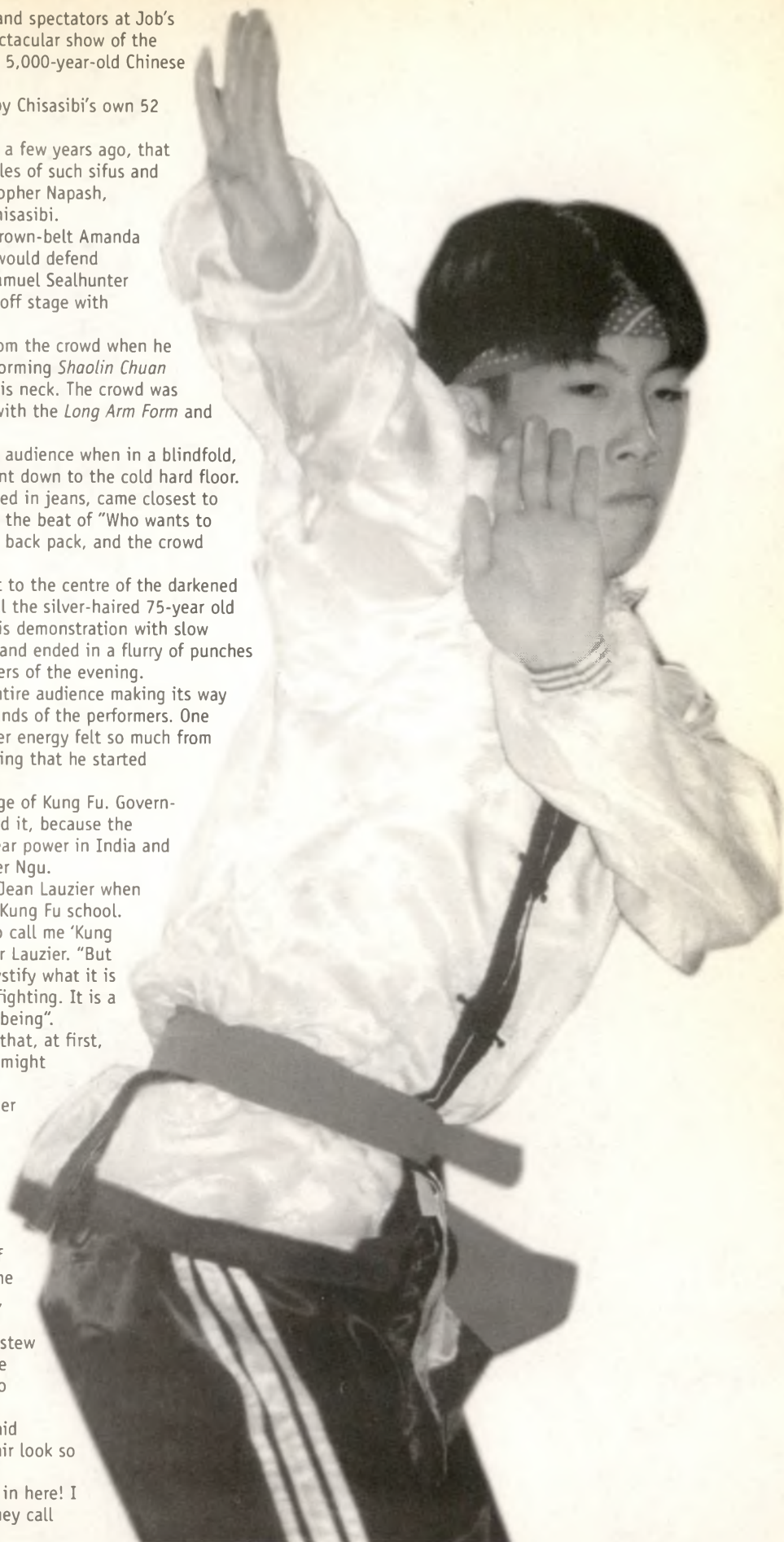
One Chisasibi resident admitted that, at first, people were worried that Kung Fu might bring violence.

But according to police dispatcher Caroline Einish, "It's the first time there was no violence in town during a performance this size. All the police got to watch the show!"

The visiting Masters, Sifus and students were treated to a taste of Cree culture during their visit. Some witnessed a walking-out ceremony, and they were hosted by Connie Bearskin in a teepee with caribou stew and bannock. "We were treated like gold," said Sifu Lorne Bernard, who helped organize the event.

"The people are so nice here," said Master Chiu, "The faces and the hair look so much like us."

Master Ngu added, "We really fit in here! I could open a restaurant in what they call 'Chisasibi Chinatown'!"



The Nation asks the people of Chisasibi to “show us your BEST
KUNG-FU
MOVE!,,

Velma House
in the elegant
White Crane stance.
Note the subtle
wrist play.

Librarian Helen Roi
demonstrates the
ancient *Overdue
Book* stance.

M.C. with nerves of steel,
George Pepabano,
practices Tai Chi move
Grabbing the Ball.

Amanda Sam of the
Kung-Fu Family. She's a
Brown belt! So the *Tiger
Stance* is no problem for her.

Look how low Sec. V
Paul Tapiatic can go.
Watch out!

David Herman-Auger, reporter,
gets in on the story and
improvises with his own
Secret move.

Larry House does the *Wing
Chun* move, the centre-line
punch. Nearly broke our
camera!

Crooks beware. Caroline
Enish, police dispatcher,
is no stranger to the ever-
popular *Tiger Stance*.

JOB POSTING

ADVERTISING REPRESENTATIVE

For the Chibougamau/James Bay Region

→ *The first and only independent newsmagazine to serve the James Bay Cree is looking for candidates to fill this position.*

IDEALLY CANDIDATES WOULD HAVE THE FOLLOWING QUALIFICATIONS:

The selected candidates must be bilingual (Cree is a definite asset), live in or near Chibougamau, possess a vehicle and be able to work independently. Experience in sales or marketing is also an asset.

The work consists primarily of selling advertising space in *The Nation* to businesses and organizations. The existing territory includes Chibougamau, Chapais, Radisson, as well as the James Bay Cree communities.

The selected candidate will work with the support of The Nation team, including writers, editors, designers and marketing specialists. The salary is paid by commission and many fringe benefits are also included.

All interested candidates are requested to send their C.V.'s to the following address, no later than July 1st:

The Nation

5505 Boul. St. Laurent
Suite 4203B
Montreal, Quebec
H2T 1S6

or by fax to: 514-278-9914

The Nation thanks all candidates who submit their C.V.'s but advises that only those selected will be contacted.

the Nation



Aanischaaukamikw
CREE CULTURAL INSTITUTE
INSTITUT CULTUREL CRI

Mimaahtawaayihhtihhtawa Imagine

Let's think creatively!

The Aanischaaukamikw/Cree Cultural Institute project, in collaboration with the Cree Regional Authority, is pleased to announce a grant program aimed at the development of the performing and visual arts, and literature, in the Eeyou/Eenou communities. Financial support will be provided to Cree organizations or individuals in support of events or projects in the fields of music, theatre, dance, literature, painting, sculpture, etc..

Deadline for applications: July 10, 1998

Grants will be announced by July 31 for projects to be carried out until the end of March, 1999.

Please contact Kenny Mianscum for further information on this program.

Kenny Mianscum

Aanischaaukamikw/Cree Cultural Institute project coordinator

C/o Ouje-Bougoumou Cree Nation Headquarters

Ouje-Bougoumou, QC

Tel: (418) 745-3911

G0W 3C0

Fax: (418) 745-3181

Thanks to the Quebec Ministère de la Culture et des Communications.

CONGRATULATIONS TO THE CREE SCHOOL BOARD ON ITS 20TH ANNIVERSARY



First Cree graduates trained in Aboriginal Language Education at McGill University

When the Cree School Board came into existence, we made history and created an example for others. It was the first Aboriginal-controlled school board in Canada. No longer would Cree parents have to send their children away. We could keep them by our sides. The cultural genocide of the residential schools was a thing of the past.

Crees can be proud of their achievements since then. The Cree education system had to be built from the ground up. Schools had to be built, a curriculum had to be developed for our children, teachers had to be hired and trained. Cree culture and language classes were introduced and the School Board got them accepted by the educational authorities. There was a lack of materials to teach with and these had to be developed. More recently, the board introduced Cree as a Language of Instruction, which has met with great success.

This month, the first class of Crees trained in Aboriginal-language education graduated from McGill University.

The tasks before the few were many but they are being overcome. Hard work lies ahead, but what has to be done is within our reach, as we have shown in the past. We must all be part of this monument to our nation-building abilities: parents, teachers, students, school board staff, community members.

Creating our own education system was a daunting task in the early years, but Crees rose to the challenge. We have proven to the world that when we are given the "space" to control our own development, we can accomplish great things. Congratulations are due from the entire Cree Nation to all those individuals who gave and are still giving their best to fulfill this dream, a dream that we share for our most precious resource, our children. We can all take pride in what we have built together.



GRAND COUNCIL OF THE CREES (EYYOU ASTCHEE)
GRAND CONSEIL DES CRIS (EYYOU ASTCHEE)

GRAND COUNCIL OF THE CREES
(EYYOU ASTCHEE)



AAA° CCAFLJ
CREE REGIONAL AUTHORITY
ADMINISTRATION REGIONALE CRIE

CREE REGIONAL AUTHORITY

Between Friends The First Kiss

by Deantha Edmunds

Your first step, first birthday, first word, first day of school, first party. These are just some of the turning points in our lives. Then there is the first kiss. It changes who you are, as soon as it happens. You can learn a lot about people from their first kiss stories.

"It was during the time of the December hockey tournament in Chisasibi. My best friend was dating one of the hockey players and I was fixed up with his friend who was staying with him. He was 17 years old, and I told him I was 14, but I was really 12. After the game, we went back to the house, and once we got to his room he surprised me with a slothbery unexpected kiss. It lasted about a couple of minutes, before I pulled away and wiped my mouth with the back of my hand. It was covered in his saliva."

OUTCOME: They dated for a year and then she found a better kisser.

"It was a cold starry night on Fort George island. I was about 14, and so was this girl. I was going out with her for 3 or 4 months and I had never kissed her (or anyone else). I was really nervous (giggle giggle). The next day we were both leaving for goosebreak and wouldn't see each other for a whole month, so I knew something had to happen. We went to the farthest teepee, it was abandoned. It was very cold out, we were shivering, hardly talking, and it was getting really late. Finally I got up the courage and kissed her. It was really romantic - we forgot all about everything going on around us, the cold, the time. We ended up breaking curfew, and from then on I was hooked."

OUTCOME: They continued going out for about a year, and then she dumped him. He was devastated.

"I was 13 years old, and had a huge pathetic crush on this guy in my class. One of my friends told him to ask me out, so he did. We went to a movie with about 12 other people, and when we were walking home he tried to hold my hand. I quickly put it into my coat pocket and told him I just wanted to be friends. I was too nervous! I continued to pine over him for another year and a half, when I finally got up the courage to ask him out. We went to see that Arnold Schwarzenegger movie, 'Predator'. How romantic, eh?!"

We cuddled during the movie, and afterwards we went walking around. We came back to the park in front of the cinema, and made out on this bench for about an hour. I was so happy. I had finally got my first kiss. Of course, I ran right home (before 10:00 so I wouldn't miss my curfew) and phoned my best friend to tell her ALL about it!"

OUTCOME: They dated on and off until they were in university. They don't speak to each other now.

"Me and two other girls all had a crush on this boy, Timmy, for several months. We were all 7 years old, and one day we couldn't take it any longer. We chased him into the woods, held him down and took turns kissing him until he cried. Meanwhile, his friend Fred kept begging us to kiss him, but we refused."

OUTCOME: Her younger brother had witnessed the kiss, and blackmailed her for 5 years, threatening to tell their mom. It took her 5 years to not be embarrassed about having kissed someone.

"I was in Grade 6, and was invited to a basement party. I was wearing a red tube top with a white shirt tied over it at the waist. All I remember was that I was horrifically nervous. Some guy was sitting beside me, I wasn't really attracted to him, but it was quite clear that we were going to kiss. I was so nervous that I was sweating really bad. We kissed."

OUTCOME: Right away the parents came downstairs and turned on the lights. She was totally embarrassed because the red dye from the

tube top had ran all over her white shirt from all the sweat.

"I was at home with one of my sister's friends. I was around 12, and she was a few years younger. I knew that she liked me and she made the first move. My sister was upstairs."

OUTCOME: They had a couple more 'sessions', and that was it.

"I was 8 or 9 and I was at swimming lessons. We were supposed to practice mouth to mouth resuscitation. She was 13. The girl I was trying to 'revive' started moving her lips around and kissed me instead, so I kissed her back. I would have used any means necessary to bring her back to life."

OUTCOME: She dropped out of the class, and he got really good at mouth to mouth resuscitation.

"When I was 11 years old I met this guy at the pool. His name was Cliff Gazelle. It was too cold to stay outside, so we went walking. We ended up going into an apartment lobby and started kissing. I didn't really like it, his breath was funny."

OUTCOME: She decided that he wasn't cool enough for her.

"My first kiss was at a movie. I sat there with my cousin. Fifth cousin. I was running my hands through her long long hair. Every now and then we'd rub our cheeks together and sort of snuggle. Then she grabbed my face and... uhh... kissed me. I was about 5 years old. It took me by surprise. I asked her what she was doing and she said, 'I'm kissing you.' So I said, 'Okay, let's try it again.' So we did! That was the last innocent kiss I ever had."

OUTCOME: Years later he attended her wedding and touched her hair one last time.

"I was 17 years old and there was a guy who was working as a summer student at our office. He was 21 years old, and we were good friends. Of course, there was a lot of flirtin' going on. One day, when my parents were away, I invited him home for lunch. We had sandwiches and pea soup. We watched a National Geographic documentary on the mating habits of whales, and ended up kissing all afternoon and all evening."

OUTCOME: They never talked again and the friendship was destroyed.

"My friends and I were with these boys that we hung around with. His name was Richard, and when we were sitting on his front step, he turned to me and told me that he had always had a crush on me. I told him I didn't know that, and then he said that he had dreamed about kissing me. Our friends basically pressured us into it, and he gave me a little peck."

OUTCOME: They remained friends until she moved away, but they never kissed again.

"We were childhood friends. Best friends who did everything together. In our big group of friends, we were a duo. It was like Bonnie and Clyde. I was the Queen of the universe and he was the Slave/Warrior, protecting me from all the evil outsiders. One day we realized that we were in love. We were in my house, with the door locked. My parents were outside knocking, and it just happened. We kissed."

OUTCOME: They stayed really close friends for many years and still keep in touch.

Send in your first kiss stories and you could win passes to PARC SAFARI! First 10 stories we receive will win! Send to:
Between Friends • The Nation • 5505 St-Laurent • Suite 4205B •
Montreal • Quebec • H2T 1S6.
or FAX: 514.278.9914

world wide webb

I Seek You or ICQ? There is a way to know when your buddies are on line. It is called ICQ, as in I seek you... According to Mirabilis, the company that released ICQ, "It is a revolutionary, user-friendly Internet tool that informs you who's on-line at any time and enables you to contact them at will." Also, "you can chat, send messages, files and URL's, play games, or just hang out with your fellow 'Netters' while still surfing the Net." After you download and register, "you receive a unique UIN (Universal Internet Number)... This allows other ICQ users to recognize you when you log on... You can compile a selected list of friends and associates. ICQ uses this list to find your friends for you. Meanwhile, ICQ waits quietly in the background without interrupting any other applications in use. As soon as you log onto the Internet, ICQ automatically detects the Internet connection, announces your presence to the Internet community and alerts you when friends sign on or off. Once you know who's on, all it takes is a click of an icon to initiate chat, implement URL transfers, send messages, exchange files, or launch any external peer-to-peer applications." There you have it. Head on over to <<http://www.icq.com>> for more info.



It is the Mutual UFO Network based in Texas. "The Mutual UFO Network, Inc. is an international scientific organization composed of people seriously interested in studying and researching the phenomenon known as Unidentified Flying Objects (UFOs) by combining their mutual talents, areas of expertise and investigative efforts.

"MUFON is the acronym for the Mutual UFO Network, Inc., a Texas nonprofit... MUFON firmly believes that a concentrated scientific study by dedicated investigators and researchers will provide the ultimate answer to the UFO enigma. Founded on May 31, 1969, MUFON's phenomenal success may be attributed to the 'grass roots' nature of the organization, in which a majority of the leadership and motivation is achieved at the local level. In North America, a State or Provincial Director oversees the investigative activities of the Field Investigators through State Section Directors."

So if there is anything to report let us know c/o WWW/ Sightings. I will keep you updated on this project as it unfolds.

Next Issue: Who are you?

iyyuu@mail.com

... We are enlisting your help... Since we started publishing we have been getting a lot of reports of strange sightings around James Bay. I'm sure you heard them before. We want to start a database of the so-called sightings. This is where you come in. If you've seen or heard of a sighting, let us know at *The Nation* care of WWW/ Sightings. We are researching for a possible book on the subject. So this week's WWW link is <<http://www.mufon.com>>.

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The Twilight Zone

Gemini (May-June 21) The craving for variety is inherent. Continually searching for exciting diversions is almost a full-time job. Avoid routine and monotonous activity like the plague. You are constantly carried off by the wind, which is fueled by your inner thirst for challenging experiences.

Cancer (June 22-July 22) The greatest difficulty is in learning to handle one's own contradictions, and harnessing the powers that are within. You must master your turbulent instincts and bring them under control. Understanding comes from experience and discipline.

Leo (July 23-Aug 23) Your purpose is to discover your purposefulness. Learning to control one's own ferocious egotism requires great spiritual strength. This will help you overcome the challenges on your journey through the rough terrain of life.

Virgo (Aug 24-Sept 22) Patience is a prerequisite to solid achievements. Wisdom is learned through the passage of time and not through conquest and struggle. Reality can fester like an infected sore unless taken care of. Balance the "dream" with reality.

by Thelma & Louise
Alive'n'bitchin'
Your Horror-scope

Libra (Sept 23-Oct 22) You need to acquire the capacity to cooperate with others and to share without losing your individuality and independence. Differentiate between your principles and passions. Walk through the mist of confusion with conviction.

Scorpio (Oct 23-Nov 21) Emphasis on the relinquishing of one thing in order for something better to emerge. Trust in unseen forces, which will bring about a better life. Sacrifice is needed in order to attain the understanding of the ultimate truths in life.

Sagittarius (Nov 22-Dec 22) You must learn to fix your mind (no it's not broken), on one thing at a time. Enjoy all the thrills and spills of falling in love. Take all the time needed to make a final choice. Quick action can work against you.

Capricorn (Dec 23-Jan 19) You should not present a face to the world that is far removed from how you really are. Coming into freedom is where there is no

longer a need for pretense. False faces do not survive the ravages of time.

Aquarius (Jan 20-Feb 18) The primary purpose is the faith that is the assurance of better things to come your way. You get impatient with games. You would rather have people say what they mean and mean what they say. Otherwise...off with their heads!

Pisces (Feb 19-March 20) Remember that in life there are no beginning and no endings - only changes. You are a traveler in the spiral of eternity. It is an elusive world where boundaries have dissolved and new potentials are arising.

Aries (March 21-April 19) Now is the time to reflect on what is of true value and what is of false. Know where your actions will lead for the ripples will be felt in your circle of later experiences. It is time to take responsibility for your actions.

Taurus (April 20-May 19) Careful not to be obsessed with your possessions. Enlightenment comes from the freedom of detachment and liberation from the material world. You need to further evolve your spiritual values in order to gain existential freedom.



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The Ouje-Bougoumou Cree Nation



Wishes to congratulate

the 46 Cree students who are the first graduating class of the McGill University Cree Literacy Education Program.

We wish to extend our very special congratulations to Bella Nancy Mianscum and Don Mianscum of Ouje-Bougoumou who are setting a very worthwhile example for our youth and others to follow.

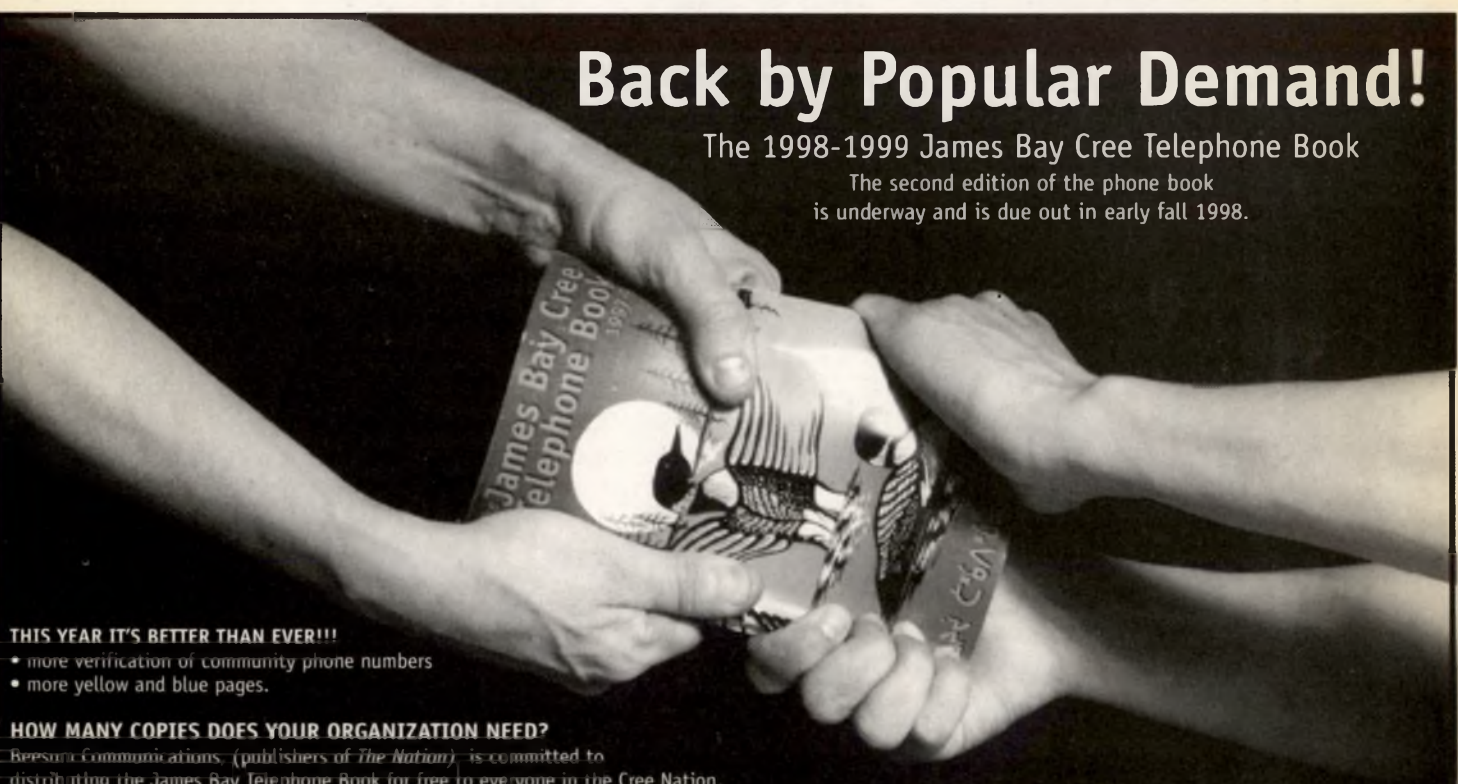
As part of the Cree Nation we take great pride in your achievements. You have taken a vital step in the important goal of Cree self-sufficiency by strengthening Cree language and culture. You are all making an important contribution to guaranteeing the long-term survival of our Cree language which is a critical element in the building of our Cree Nation.

We also wish to acknowledge the vision and determination of the Cree School Board and McGill University in establishing this remarkable program.

Back by Popular Demand!

The 1998-1999 James Bay Cree Telephone Book

The second edition of the phone book is underway and is due out in early fall 1998.



THIS YEAR IT'S BETTER THAN EVER!!!

- more verification of community phone numbers
- more yellow and blue pages.

HOW MANY COPIES DOES YOUR ORGANIZATION NEED?

Reeson Communications, (publishers of *The Nation*) is committed to distributing the James Bay Telephone Book for free to everyone in the Cree Nation. Make sure your organization gets the copies you need. Please fax in the number of copies your organization, or department needs by June 15, 1998.

FAX **514.278.9914**

Advertising space is still available. If you would like to make your organization or business accessible to everyone in the Cree Nation, please call Deantha Edmunds at 514.272.3077

101 - BIRTHDAYS

Birthday greetings to my grandson Wesley Washipabano on April 12. I hope you have lots of fun. Sorry I couldn't be there for your special day. happy birthday and many more to come. With lots of love , hugs and kisses from grandma Gloria (Chisaisibi)

Happy 1st birthday to a special boy top us Dakota Mayappo whom we adore so much and love with all our hearts. Also, happy 1st birthday to Nancy Mayappo who was born on the same day as Dakota on may 13. have fun on your birthdays. With all our love Grandma and grandpa, Elsa, Sandra, Patrick and Derek, (Eastmain)

Happy 1st birthday and many more to come to our son Wabin George on February 27. With love hugs and kisses from mom and dad (Whap)

Birthday greetings to my wonderful and only uncle in Wask, Marcel Hester on May 21, 98. Hope you will not party. Take care of your sweetie daughter. Happy birthday Uncle Marcel. Love from your only niece, Darla Hester.

Happy birthday to my aunts Rebecca Swallow on may 13, 98 and to Mary Anne on May 30, 98 and to my cousins Jean Guy Pelchat on May 28, 98, Nancy Pelchat on May 30, 98. Hope you have a great day on your birthdays. With love, Kerriane T. P.S. Jean Guy, don't eat too much cake.

This birthday wish is going out to a wonderful father Gerry Bosum (Ojay) whose birthday is on May 20. Dad, just a little note to tell you we are very thankful for what you have done for us through the years, for the love that have put in our hearts and for always being there. But words can't really express how much we love you. May this birthday wish bring you joy and happiness in

your heart. Happy birthday dad. With all our love, Blake Mina and Olivia.

Happy birthday to the world's greatest mom in Waswanipi. Her name is Gadlene Older Rice. I hope you enjoyed your vacuum cleaner. Love always, Jonathan and Minou Older Rice.

Happy birthday to Dakota Mayappo on May 13, 98. Happy birthday and many more to come and hope you have a great day on your birthday. With hugs and kisses from Kerriane.

Me, Darla Hester sending belated birthday greetings to my uncles in Chisasibi Willard Wash on May 1, 98 and to Allen Wash on May 6, 98. Happy belated birthday to you uncles. Take care of yourselves. Please D.D.T.M. okay or don't party at all. Love ya. From all the way down here in Wask. Your chubby niece Darla Hester.

Happy 19th birthday to David Wapachee on May 31 from Nemaska. We wish you all the best in the years to come. You are a very special friend to us. Anyways have a wonderful birthday and don't party too much. Hope we will see you again. from your friendz Jessica Diamond, Melinda Georgekish and Pamela Georgekish. P.S. True friends are never forgotten!

Belated birthday greeting on May 18, 98 to my loving caring mum and grandma. Happy birthday to you. We love you so much. What can we do without you mom and gma with those wonderful caring supporting things you have done. You mean so much to us. We love you very much. This classifieds going out to Josephine Sophia Hester. With love from your daughter, your granddaughter Edith Ann and Darla Meredith Anna Hester (Wask)

Happy ?? birthday to Claude

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Tremblay on June 9, 1998. Don't party too hard on our b day. From your fellow employees at Caisse Populaire in Waswanipi.

A birthday wish going out to Zachary Ottreeyes who will be celebrating his fifth birthday on March 29 at McDonalds Park in Hull, QC. I hope you enjoy your birthday party with your new found friends. We love you always, mom, daddy, Didin, Boodoo Girl and Skin.

Happy birthday greeting to two special friends Rita Roulette who celebrated her 22nd on May 8th in Winnipeg. Also to Corrine Quachegan celebrating her 23rd on may 26th in Moose Factory! From your friend in Moose factory.

Happy birthday to Bajick Georgekish on May 31, 1998. Don't party too hard. Friend.

Happy birthday to my friend Bessie Gillies in Waskaganish on may 15. May your everyday dream come true. You are such a good friend. I'm glad to have a friend like you. Don't drink too much or you will forget half of your party. Don't forget to save some bud for me. Anyways have fun on your special day. From your friend who likes to party.

Happy belated birthday to Eveleen Small who celebrated her 19th birthday in Montreal Quebec. Hope it was a good one! P.S. Now that you hit the legal age I think it's time to move back to Ontario. Love, your cuz Johnny Wapachee in MFO.

Happy birthday to my wonderful sister Robin on May 31st, 1998. Thanks for being there for me. Love, your sister and best friend April.



Attention! 1998 Nemaska Graduates

The Nemaska First Nation will need to contract or hire the following skilled professionals within the next ten years:

Lawyer
Environmental Specialist
Social Worker
Computer Specialist
Recreation Specialist
Accountant
Forestry Manager
Facilities Manager
Architect
Engineer
Geriatric Care Manager
Mental Health Professionals
Intergovernmental Negotiator

**Let one of these positions be YOURS
continue with your education.**

**FROM THE CHIEF AND COUNCIL OF
THE NEMASKA FIRST NATION**

Happy birthday to our daddy Clayton Visitor. You are very special in our hearts. We can't wait until we eat your cake and the geese you will kill. Love, from your girls Cheryl (Ahamsoo), Whastuskoon (Boodoo) and Tassa (Prefect) P.S. Don't forget to

A happy mother's day to our loving mother Nellie Whiskeychan. We are very grateful and thankful that you are our mother. We love you very much. From your sons and daughters, David, Mary, Winnie, Greta, VALERIE, HAROLD, HARVEY AND DEBORAH.

Happy 22nd birthday to my boyfriend Mario Rupert on May 6, 98. Hope you enjoy your special day. Love always, Veronica Pachano. Chisasibi.

We would like to say Happy birthday to my mom Alice Pachano on May 5, 98. We love you so much. Love, Veronica, Mario and Angel. Chisasibi.

We would like to wish our dear grandson Wesley Visitor a happy 5th birthday on May 18. May your day be as special as you are and many happy returns. Your grandparents David and Mary.

Happy birthday to my friend Mary. A true friend is one who walks in, when the rest of the world walks out. May I never neglect your friendship. But to cherish it as a gift. From your friend.

Birthday greetings to my beautiful granddaughters Paulla Salt on May 27 and Jordanna Moses on June 7. You both light up my life. God bless you. With love and prayers, grandma Ruby Wischee (Wask)

Birthday wishes to a really great lady who deserves everything her heart desires because she is a loving caring friend, very special and precious to me, totally wonderful person, (the list goes on) I am proud to say she is my daughter,

Louisa Bobbish, celebrating her birthday on April 29th. Love, mom.

Birthday greeting to Aaron Bearskin on May 11. Happy 13th birthday Aaronsh. Welcome to the teens. From your sisters in Waskaganish, Pierrette and Kristen.

Happy birthday going out to our sister and aunt Stephanie on May 4, 1998. Have a wonderful birthday. With lots of love, hugs and best wishes, mom, Frances, Mary, Sonia, Nikki, Bruno and Joey. (P.S. Call 1-96-Jenny)

We would like to say happy birthday to our brother Robert on May 11, 98. Once again happy birthday Robert Gunner and enjoy your special day and many more to come. We love you so much. From your sisters Rose Mary and Sarah.

Happy 4th birthday to my adorable nephew Tyler Trapper (Mr. T) on May 16, 98. Happy birthday handsome. I love you sooooo much and I miss you. Also to my aunt Caroline on a same day as Mr. T. Happy birthday auntie. How old are you anyway. ha Ha.ha! and also to my friends Charlene Rose and Sally Maggie on May 12. Happy birthday to all of you guys. Hope you had a great time on your special day. From your friend sing us to sleep.

Birthday wish to my dad Norman on May 21. I wish you were her with me on your special day. Happy birthday and many more to come. Love, your son Nick. I love you dad.

I would like to wish my adorable 4 year old niece a very happy birthday on the 14th of May. Her name is Shannon Fireman. Also known as the little Chatterbox. Enjoy your day 4 year old. Hugs and kisses from aunt Beverly and cousin Shania.

We would like to wish our daughter sister Gillian Joyce



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Esau a happy 6th birthday on May 7, 98. Hope your day will be as special as you are. Love, dad, mom, Connie, Carie Lynn and Julius.

Belated birthday greetings up north in Chisasibi my wonderful and caring auntie Rita Wash Snowboy on April 17, 98. Are you coming down to see me with your two handsome boys, visit my hometown hope you do. Ah ah C U around I don't know when. Happy birthday to you. I miss you so much. Take care. Luv ya. From your niece who miss you a lot, Darla Hester. P.S. Call me. My phone number is 1-819-call-Darla.

SWG, Guess what. I am taking you out to dinner on NAD. Zeah! ELY

Tom Webb: Happy Father's day from all us kids and Grandchildren. Don't work too hard...XOX

Happy Father's Day and even happier National Aboriginal Day to George Diamond Sr. in Waskaganish. get well soon! Neil

Kenneth Nicholls, Happy Fathers Day from your three sons and grandchildren. We wish all the best and send our love and respect. XOXOX

Happy mother's day to my loving caring mother Beatrice Ratt in Chisasibi. Sorry I wasn't there for your celebration. I want you to know how grateful I am to have a mother like you and I love you very much because you are everything even though we have ups and downs. You're the best mom. Love always, Connie Trapper (mist)

To LCB All the best on this important and special day of the year. Happy National Aboriginal Day to you. Spend it well.

Freuliche Vaters Tag, Victor!!! Wir hoffen, daß du und Valentina dieses Sommer in Montreal kommen will. Mit liebe, Rhonda und Alex.

I would like to send upcoming birthdays to my cousins in Chisasibi to Candace Chelsea Wash on June 1, to Trevor Zachary Nimisjo Snowboy on June 23, 98. Happy birthday to you both. With all my love from Darla Hester (Wask)

Birthday greetings to my loving parents Sarah and William Snowboy. We hope you have a great day both of you because you deserve the best. With hugs and kisses from Diane, Steve, Kevin, Trac

SHAOLIN WHITE CRANE KUNG FU

On behalf of all the Kung Fu performers from Montreal and Toronto who participated in the Chisasibi Kung Fu Show, I would like to express our gratitude to the organizers of the show and to Chisasibi. We all had a great time and enjoyed the cultural exchange immensely. Thank you for your warm reception and for letting us see part of your traditional way of life.

Sincerely,
Sifu Lorne Bernard
President, Eastern Canadian
Chinese Martial Arts Federation

CSB Rate increased to

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per annum

Effective JUNE 1, 1998, the rate of interest will be increased to 4.00% per annum for the 3-month period ending August 31, 1998 on the following outstanding series of Canada Savings Bonds: Series 52 and 53 (November 1/ December 1, 1997) and Series 43-49 (1988-1994). Series 50 (1995) and 51 (1996) are unaffected and will continue to earn the minimum guaranteed rates of interest previously announced. All other terms of all affected bond series remain unchanged.

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by Ndiamon™

"I was hoping you didn't get it." laughs **David Sam** when I thank him for faxing me his answers. I had asked to do his profile weeks before the Chisasibi Kung Fu exhibition. He refused. There was nothing I could do but skulk away. After all, he holds a brown belt in Long Fist, one of the many styles of Kung Fu, a green belt in Karate, a brown belt in another art and I don't even own suspenders.

He probably doesn't remember, but once at an impromptu demonstration David kicked me in the face and I almost went sprawling against a wall. Strangely enough, I didn't even feel his attack connect.

It is said Kung Fu means energy and time. Or skill, such as that possessed by a cook, a painter, a trapper, a warrior.

David in person is modest, almost taciturn, humble. All these qualities are hidden when he opens up and performs what he has studied, and brought to his family and community, since his teens.

What is the sound of one hand clapping? Swish.

If you had a magic wand what would you do with it? Dismantle the dams and return the land to its original state.

Who were you in a previous life? Warrior.

Last book read: Black Elk.

Who's shoes would you want to walk a mile in? Grand Chief.

In the morning, the first thing I do... Give thanks for the new day.

What did you want to be when you were young? Bush Pilot.

Greatest fear: Heights.

Person you would like to see as Grand Chief: Violet Pachanos.

Favorite Name: Geronimo.

If you could meet Bruce Lee what would you say? Demonstrate your famous one inch punch.

Magazines read: *The Nation*, *Time*, *Macleans*, *Popular Science*, *Inside Kung Fu*, *Black Belt*, *Sports Illustrated*.

Person you would like to meet most: A Shaolin monk.

If you were an animal what it would be and why? Wolf: A survivor.

Despite attempts to eliminate the species, it has survived. Bear:

Power and fearlessness. Tiger: agility and prowess.

Who would play you in a movie? The good, the bad and the ugly.

What is your idea of perfect happiness? Living out on the land.

Person you love the most: My wife.

How you would like to die: In my sleep.

Your choice for Cree of the year: Freddie Jolly, talleyman, Nemaska.

Hobbies: Carving, camping, hunting.

Most embarrassing moment: Driving up on a busy one way street.

Most interesting person you know and why: A Mohawk elder — for his wisdom and knowledge.

Brush with greatness: Meeting Jean Frenette (Kata champion, martial arts).

Favorite politician: Pierre E. Trudeau.

Favorite song: "Who Made Who." AC/DC.

Favorite quote: "For goodness sake, why don't you go and sin a little? Doesn't God deserve to have something to forgive you for!"

Song you would play at your funeral: Imagine.

First job:

Unloading HBC barge.

Talent you would like to have: Writing.

Who are your heroes in fiction?

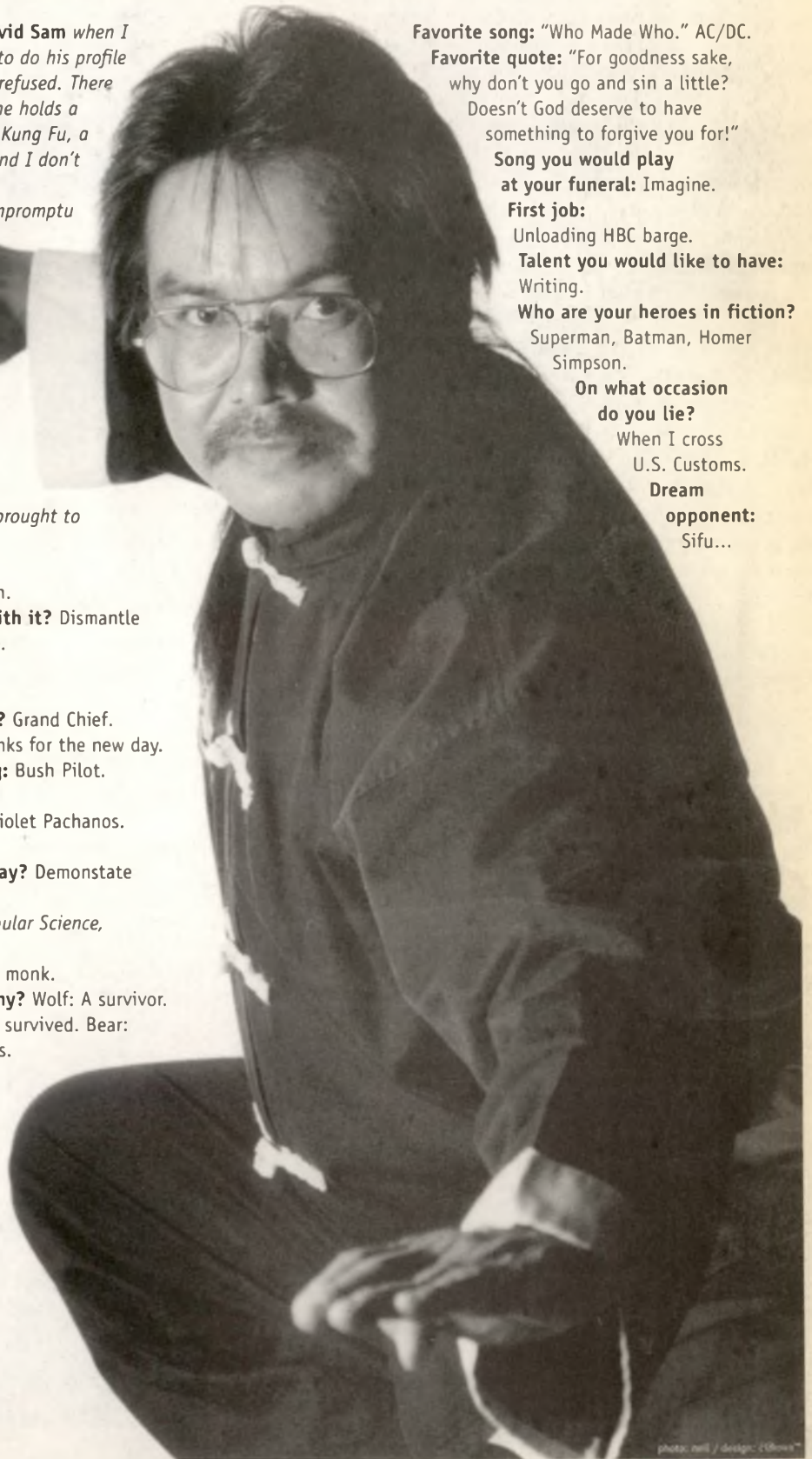
Superman, Batman, Homer Simpson.

On what occasion do you lie?

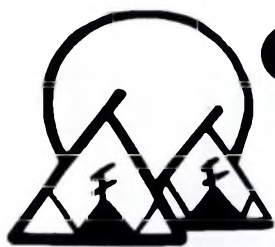
When I cross U.S. Customs.

Dream

opponent: Sifu...



photos: nelli / design: c@llover™



Chisasibi 8th Annual

Traditional Pow-wow

Chisasibi, Quebec (on the mainland)

August 7, 8, 9, 1998

Honoring our Leaders

Host Drum:

Pipestone Creek Singers

(Onion Lake, Saskatchewan)

Co-host Drum:

Blackstone Singers

(Sweetgrass, Saskatchewan)

Invited Drum:

Fly-In Eagle

(Cutknife, Saskatchewan)

Master of Ceremonies:

Eric Robinson, Manitoba

Archie Cheechoo, Ontario

Head Dancers:

Ben Lovejoy, Sisseton, South Dakota

Della Lovejoy, Sisseton, South Dakota

Arena Director:

Abraham Bearskin, Chisasibi

Full honorarium for first 5 drums to register (No call ins)

Honorariums available to all dancers

Trader fee: \$150.00 for the weekend

Dance Specials for Men's all categories & Women's

all categories sponsored by:

Mr. Josie Cox

Mr. Ron Brightnose

Ms. Delcy Washipabino

Pow-wow Committee

Moore Stephen Hyde Houghton

For further information or requests for specials, please contact:

Larry House @ 819-855-2717

Tommy Bobbish @ 819-855-2420 (evenings)

Pow-wow Committee not Responsible for lost or stolen articles or injuries.

3rd Annual Cree Nation Fitness Challenge (CNFC)

"Where the Elite Compete"

August 7 & 8, 1998 • Nemaska • Registration Deadline: July 31

This year there are two categories: Competitive and Recreational
Inscription Fees:

Competitive: \$500

Recreational: \$400

The inscription fees for the champions of the last two Fitness Challenges will be paid by the CNFC organization for this year's competition.

(Only on competitive division)

Ages: 16 & up

*16 and 17 yr. olds must have signed parental consent to compete.

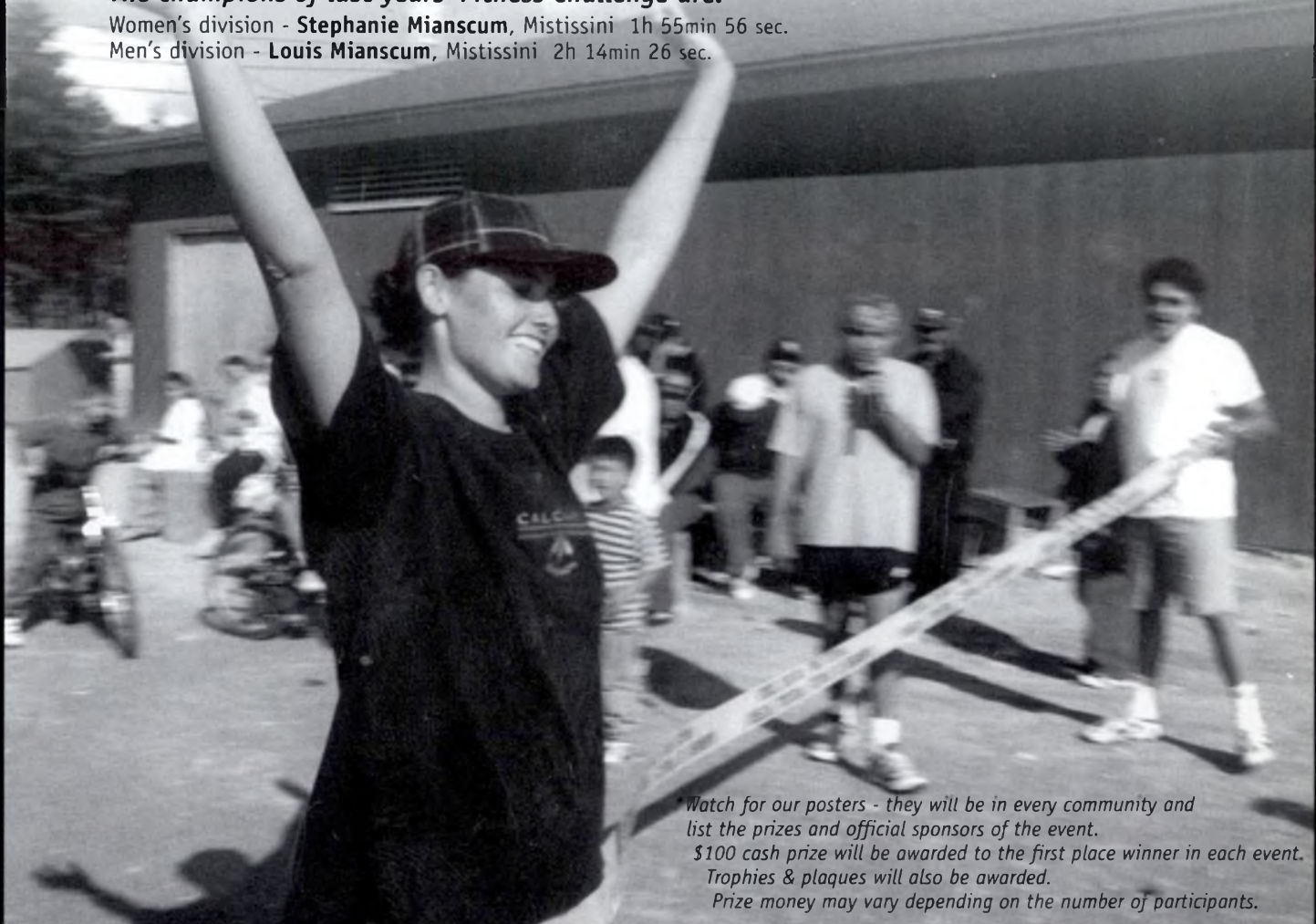
COMPETITIVE:	MEN	WOMEN
Swimming	1km	1km
Cycling	20Km	15Km
Portage	1Km	0.5Km
Canoeing	2Km	1Km
Running	10Km	7.5Km
TOTAL	34KM	25KM

RECREATION:	MEN	WOMEN
Swimming	0.5km	0.5km
Cycling	10Km	10Km
Portage	1Km	0.5Km
Canoeing	1Km	1Km
Running	7.5Km	7.5Km
TOTAL	20KM	19.5KM

The champions of last years' Fitness Challenge are:

Women's division - **Stephanie Mianscum**, Mistissini 1h 55min 56 sec.

Men's division - **Louis Mianscum**, Mistissini 2h 14min 26 sec.



*Watch for our posters - they will be in every community and list the prizes and official sponsors of the event.

\$100 cash prize will be awarded to the first place winner in each event.

Trophies & plaques will also be awarded.

Prize money may vary depending on the number of participants.

Are you up to the Challenge?

For more information contact John Henry Wapachee at (819) 673-2512, or call your local Sports & Rec. Department.
The organizers of the CNFC extend invitations to other Aboriginal groups in Quebec who reside in the Abitibi-Temiscamisque and Saguenay-Lac Saint Jean regions. Invitations are also open to the native groups living in the West coast of James & Hudson Bay area.